

# At home with Eurika - monthly newsletter



December 2008

For most of us, Christmas shopping and chores are coming to an end and we will start to absorb ourselves in carol concerts and festive cheer. It's at this time of year our thoughts turn to our loved ones and we take time out of the 'rat race' to appreciate what's really important to us.

We start the New Year with high hopes and great expectations and it is our job at Eurika TRC to ensure we help you remain positive and focussed for the year ahead.

May we take this opportunity to thank you for your support. We hope your wishes and dreams come true this Christmas and look forward to helping you achieve your goals in 2009!

**Why not forward this newsletter on to a friend and make their Christmas and New Year special?**

## Excerpts From News Articles

### Men go to work for the money while women prefer the sense of achievement

..... flexible working hours were a major career consideration for women - but surprisingly nearly one in six men also said it was very important.

A spokesman for greatplaces2work.co.uk said: 'It's fascinating to note the difference between the sexes when it comes to stimulation factors at work.

'Clearly money will always be a key element in choosing a career but feeling a sense of achievement and using your brain are more important than money to many women today.'

However, the poll of 3,000 workers also revealed more than 18 per cent of Brits aren't at all happy in their job, while a third are only marginally satisfied.

Half said they lack stimulation in their current role with 45 per cent of these workers seeking a major career change in the near future..

[www.dailymail.co.uk](http://www.dailymail.co.uk)

### Busy mums never take a day off sick: new research by Sambucol reveals working mums are most dedicated profession

With the cold and flu season fast approaching, busy working mums refuse to let illness get the better of them, according to new research by Sambucol the black elderberry extract.

The poll of 3,000 people found that working mums are the profession least likely to take a day off sick, choosing to soldier on whatever the state of their health. Whether it's juggling a career with family life or taking responsibility for the housework and childcare, it would seem that Britain's mums don't let an attack of the sniffles get in their way.

[www.responsesource.com](http://www.responsesource.com)

### A silver lining to the economic downturn?

Dave Conder, KPMG HR director, emphasised to managers that redundancy need not be the only cost reduction option for businesses during difficult times. "Closing down recruitment avenues, deploying flexible resource management and simply having controls on optional spending will all help in the long run," he advised.

"Redundancy is sometimes a short-term fix to the problems that businesses experience in a downturn," he added. In fact, companies needed to look at redundancy as the option of last resort rather than hurrying into job cuts they might regret later, consultancy PricewaterhouseCoopers has advised.

Its latest research has argued strongly that companies should be looking at flexible working, job-share arrangements, reduced hours and pay cuts as alternatives to redundancies.

[www.management-issues.com](http://www.management-issues.com)

## Eurika TRC News

### New Year - New Job?



Have you taken a career break to care for children and are now thinking of returning to work?

Are you looking for a job that will allow you to achieve a healthy work life balance?

We'd love to hear from you. Send us your CV or visit our jobs board

### Dreaming of starting a new business?



Eurika TRC is hosting **FREE** events to help make your dream a reality.

During the events you will learn:

- How to make a business out of what inspires you
- How to build your confidence and self belief
- Useful hints & tips to get your business off the ground

Come along and meet other like minded individuals.

**Contact Leanne Flower on 07789 908592 or email [leanneflower@eurika-trc.co.uk](mailto:leanneflower@eurika-trc.co.uk)**

Eurika TRC takes no responsibility for action taken as a result of reading this newsletter. All sources are quoted when known.

*If you enjoyed reading this newsletter tell your friends and colleagues about us*

## Eurika TRC - Every little helps

### You can't be all things to all people so try letting go .....

#### 1. Shoulda, woulda, coulda

If you find yourself saying "I must do ....", "I should do ....", "I really ought to....." ask yourself why are you not doing these things? By quietly and carefully considering each situation you may learn that you will achieve a worse outcome by doing it than not - if so, stop wasting your energy on these negative thoughts. Dump them or do them!

#### 2. Impatience

Have a coping strategy for dealing with delays – have a good book handy and lose yourself in it, carry a note book and pen with you and jot down your thoughts and ideas whilst waiting in a queue, enjoy the extra time afforded to you. Consider what you will gain from getting impatient and what will you lose?

#### 3. You choose

The more you perceive yourself as choosing what to do, the more chance you'll have of getting what you want in life. Make a plan of what you want to achieve today, tomorrow, the rest of your life and start taking action to achieve your goals.

#### 4. Lower your expectations

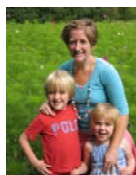
'We create a lot of stress through our own perfectionism but, in most cases, good enough really is good enough' say Dr Rosemary Anderson, a psychologist and stress management consultant. In most cases people prefer to be around someone who is more relaxed about life than someone who is anxious about doing things perfectly.

#### 5. Downsize your commitments

"Many women feel drained for the simple reason that they're over committed on every front. Make a list of all your responsibilities – starting with the most essential and working downwards – then draw a line through the middle. Cancel, excuse yourself from or delegate everything that falls below that line. We can make ourselves too important, and delegating enables the people around us to share some responsibility," explains Dr Anderson.

## Eurika TRC - Change for the better!

### Interview with Wendy Shand —Founder of Tots to Travel



Wendy Shand lives in a village near Oundle with her husband, Rob and her two children, Barnaby (6) and Maisy (4).

Wendy established award winning Tots to Travel in 2006 which specialises in helping mums and dads to find the ideal self catering holiday for their family.

#### What prompted you to start your own business?

We went on a family holiday shortly after the birth of my second child, Maisy. We opted for a lovely self catering holiday home in France but discovered that there was far more involved in taking small children away on holiday than simply finding a pretty house! I found that I had swapped my home for a holiday property that simply did not fit my requirements as a mum with small children. The turning point came when my little boy fell into the unenclosed swimming pool. Fortunately we were there to fish him out but the 'what if?' is still with me today.

#### What's the best thing about running your own business?

There are plenty of good things about running my own business. On a day to day basis I organise my time around my children and am there to take them to school and look after them when they are sick. On another level I am fulfilled in every way and am able to say with confidence that I am creating an exciting and secure future for my family.

#### What's the worst thing about running your own business?

I think that running your own business can be a rollercoaster and quite a lonely one at that! The highs are great and the lows are just such hard work. It is also difficult to get away from it – it is such an exciting journey that my brain rarely switches off – and at times it can feel relentless!

#### If you could do this all over again would you?

Definitely! I think running my own business is the only way forward and I would not hesitate to recommend it as a career choice. I wish that I had done it earlier!

#### What tips do you have for people thinking of starting their own business?

Crack on! It's no good having a good idea, you actually have to take some action.

For more details about the service provided by Tots to Travel email [wendy@totstotravel.co.uk](mailto:wendy@totstotravel.co.uk) or visit [www.totstotravel.co.uk](http://www.totstotravel.co.uk)



## New Year NEW YOU!

My coach and dear friend once told me "life is like a dance - if it feels uncomfortable you're doing it wrong".

If you feel like you're 'doing it wrong' and want to change your vocation but are not sure which way to turn, why not start by giving us a call and we will endeavour to put you in the right direction.

Call Leanne on 07789 908592 or visit [www.eurika-trc.co.uk](http://www.eurika-trc.co.uk) for more information

### Thought provoker

**All men dream but the dreamers of the day are dangerous men, for they may act their dream with open eyes to make it possible.**

T.E. Lawrence

### It's all about YOU

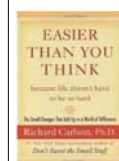
Check out this site to learn more about YOU and perhaps discover your ideal vocation:

<http://www.humanmetrics.com/cgi-win/JTypes1.htm>

### Recommended reading



**Don't Sweat the Small Stuff:** how not to let the small things in life get the best of you **By Richard Carlson**



**Easier than you think:** how making simple changes can get your life back on course **By Richard Carlson**

### Putting things into perspective

Put some time aside to visit this link. You will view the most powerful presentation I have ever experienced.

It puts life into perspective and allows us to appreciate why we are here, what we have, and have yet to accomplish. Enjoy!

<http://video.google.com/videoplay?docid=8577255250907450469>